

## Full Report (All Nutrients) 01090, Milk, dry, whole, with added vitamin D

Report Date: July 05, 2017 03:54 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

**Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.25 cup 32g	1 cup 128g
<b>Proximates</b>						
Water	g	2.47	25	0.130	0.79	3.16
Energy	kcal	496	--	--	159	635
Energy	kJ	2075	--	--	664	2656
Protein	g	26.32	22	0.175	8.42	33.69
Total lipid (fat)	g	26.71	30	0.250	8.55	34.19
Ash	g	6.08	20	0.092	1.95	7.78
Carbohydrate, by difference	g	38.42	--	--	12.29	49.18
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	38.42	--	--	12.29	49.18
<b>Minerals</b>						
Calcium, Ca	mg	912	18	17.766	292	1167
Iron, Fe	mg	0.47	12	0.065	0.15	0.60
Magnesium, Mg	mg	85	15	1.465	27	109
Phosphorus, P	mg	776	18	14.251	248	993
Potassium, K	mg	1330	15	41.231	426	1702
Sodium, Na	mg	371	7	15.131	119	475
Zinc, Zn	mg	3.34	1	--	1.07	4.28
Copper, Cu	mg	0.080	--	--	0.026	0.102
Manganese, Mn	mg	0.040	--	--	0.013	0.051
Selenium, Se	µg	16.3	--	--	5.2	20.9
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	8.6	11	0.454	2.8	11.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.25 cup 32g	1 cup 128g
Thiamin	mg	0.283	18	0.016	0.091	0.362
Riboflavin	mg	1.205	23	0.031	0.386	1.542
Niacin	mg	0.646	22	0.024	0.207	0.827
Pantothenic acid	mg	2.271	20	0.086	0.727	2.907
Vitamin B-6	mg	0.302	41	0.028	0.097	0.387
Folate, total	µg	37	--	--	12	47
Folic acid	µg	0	--	--	0	0
Folate, food	µg	37	--	--	12	47
Folate, DFE	µg	37	--	--	12	47
Choline, total	mg	119.3	--	--	38.2	152.7
Vitamin B-12	µg	3.25	31	0.289	1.04	4.16
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	258	--	--	83	330
Retinol	µg	253	--	--	81	324
Carotene, beta	µg	55	--	--	18	70
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	934	--	--	299	1196
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.58	--	--	0.19	0.74
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	10.5	--	--	3.4	13.4
Vitamin D3 (cholecalciferol)	µg	10.5	--	--	3.4	13.4
Vitamin D	IU	420	--	--	134	538
Vitamin K (phylloquinone)	µg	2.2	--	--	0.7	2.8
<b>Lipids</b>						
Fatty acids, total saturated	g	16.742	--	--	5.357	21.430
4:0	g	0.866	1	--	0.277	1.108
6:0	g	0.240	2	--	0.077	0.307
8:0	g	0.269	2	--	0.086	0.344
10:0	g	0.596	2	--	0.191	0.763
12:0	g	0.614	2	--	0.196	0.786

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.25 cup 32g	1 cup 128g
14:0	g	2.820	2	--	0.902	3.610
16:0	g	7.522	2	--	2.407	9.628
18:0	g	2.853	2	--	0.913	3.652
Fatty acids, total monounsaturated	g	7.924	--	--	2.536	10.143
16:1 undifferentiated	g	1.196	2	--	0.383	1.531
18:1 undifferentiated	g	6.192	2	--	1.981	7.926
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.665	--	--	0.213	0.851
18:2 undifferentiated	g	0.460	2	--	0.147	0.589
18:3 undifferentiated	g	0.204	2	--	0.065	0.261
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	97	2	--	31	124
<b>Amino Acids</b>						
Tryptophan	g	0.371	--	--	0.119	0.475
Threonine	g	1.188	--	--	0.380	1.521
Isoleucine	g	1.592	--	--	0.509	2.038
Leucine	g	2.578	--	--	0.825	3.300
Lysine	g	2.087	--	--	0.668	2.671
Methionine	g	0.660	--	--	0.211	0.845
Cystine	g	0.243	--	--	0.078	0.311
Phenylalanine	g	1.271	--	--	0.407	1.627
Tyrosine	g	1.271	--	--	0.407	1.627
Valine	g	1.762	--	--	0.564	2.255
Arginine	g	0.953	--	--	0.305	1.220
Histidine	g	0.714	--	--	0.228	0.914
Alanine	g	0.908	--	--	0.291	1.162
Aspartic acid	g	1.997	--	--	0.639	2.556
Glutamic acid	g	5.512	--	--	1.764	7.055

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.25 cup 32g	1 cup 128g
Glycine	g	0.557	--	--	0.178	0.713
Proline	g	2.549	--	--	0.816	3.263
Serine	g	1.432	--	--	0.458	1.833
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0